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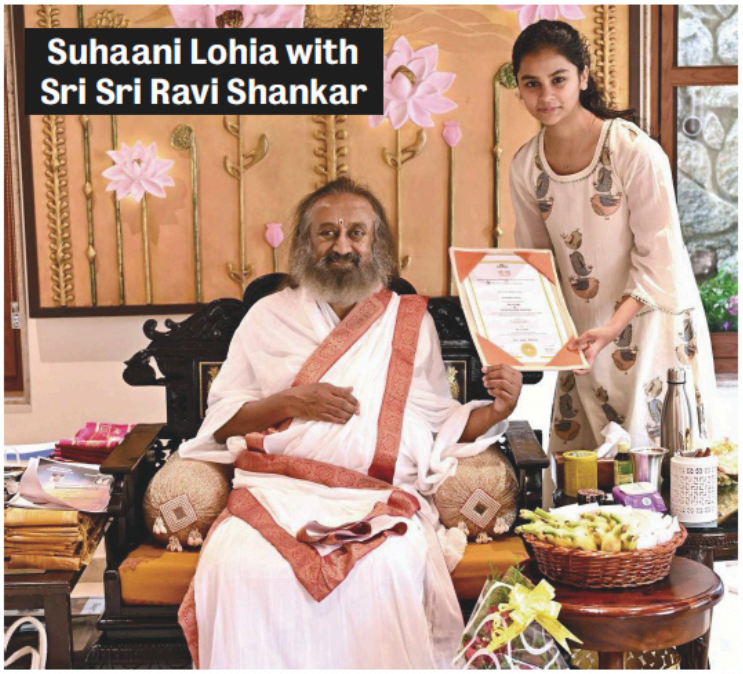
Checkmate and chakras

MEET the prodigy princess. At 15, Suhaani Lohia, daughter of investment banker Sushir Lohia and jewellery designer Sheetal, just became the youngest certified teacher at the Sri Sri School of Yoga, your diarist has learnt. One of India's youngest to hold the Woman Candidate Master title in chess, she proudly wears the India jersey and has competed in 14 countries, returning with numerous medals along the way. Suhaani began early, your diarist has learnt. Class act in class too: Dhirubhai Ambani student, vice house captain, MUN rep, and winner of the Outstanding Learner Award. "She's a very hardworking child and a very old soul. Can't take credit for all that she's achieved," gushes mum Sheetal. "Rarely remember temper tantrums though she's a teen."

The Art of Living ashram in Bengaluru made it official just over a week ago, certifying Mumbai's most accomplished teenager as qualified to guide adults through breathing techniques and ancient wisdom. Talk about flipping the script—most 15-year-olds are still learning how to handle stress, while Suhaani's teaching grown-ups how to.



Suhaani Lohia with Sri Sri Ravi Shankar